



Civilian recognized for 50 years of service

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — When Larry J. Emery joined the Army in 1959, gasoline cost 25 cents a gallon. Fifty years later, he is still proudly serving his country.

"I joined the Army at 17," said Emery. "I needed to belong to something that was bigger than me, and the Army is bigger than all of us."

Emery served for 30 years in virtually every capacity, from private to

command sergeant major.

"I've enjoyed every minute of my 30 years in the Army," Emery said.

Had he made different choices, he might well have ended up as a factory worker like some of his relatives.



Emery

"Every 26 seconds they pull a handle down, drill a hole, like little robots. I'm glad I never had to do that. I've had the opportunity to stay in the thick of things."

He certainly has remained in the thick of things. For the past 20 years, he has worked as a Department of the Army civilian in the Instrumentation Training Analysis Computer Simulations and Support (ITACSS) team at the Joint Multinational Readiness Center in Hohenfels. Currently, he is the supervisor of Maneuver TAF Team

#1, ITACSS.

Emery's team has traveled all over Germany and beyond supporting training missions. He said most of his crew are ex-Soldiers or retirees and probably love the Army as much as he does.

"It's probably as close to being still in uniform as you can get without having to get out and get muddy and cold," he said, laughing.

"All of us are very serious about what we do," he said, explaining that during a rotation there's no such thing

See EMERY, page 17

Defender 6 sends Services delivered, promises kept

The Army made significant promises when it unveiled the Army Family Covenant in October 2007. With the covenant, the Army commits to providing Soldiers and families a quality of life that acknowledges their service, sacrifice and dedication. Practically speaking, that means providing programs and services — including family programs, health care, housing, recreation, education and employment opportunities, and child, school and youth services, which build Soldier and family well-being, resilience and readiness.

As the commanding general of Installation Management Command and the assistant chief of staff for Installation Management, I have the lead for executing the Army Family Covenant.

See LYNCH, page 17

Just 'one of the guys'

Two players forge ahead, make their mark on gridiron

Story and photos by
Molly Hayden
Staff Writer

VILSECK, Germany — Although football is considered a male-dominated sport, two Vilseck High School students are defying stereotypes and proving they have what it takes to be "one of the guys" on the field.

As other girls might consider cheerleading or volleyball as a viable extracurricular activity, it's the pigskin that makes junior Charrica Arnaiz and sophomore Stephanie Leitold shine.

Baggy jerseys, protective padding and football helmets hide the fact that Arnaiz and Leitold are female. In uniform, they are unassuming as they move across the field, tackling and blocking as well as their male teammates.

But when their helmets come off, revealing long hair and girlish charm, the reactions are often priceless.

"It's always a surprise for the other team," said Leitold. "We get a lot of looks."

"I don't think they like getting beat by girls," added Arnaiz, a defensive tackle and offensive guard for the varsity team.

Although, neither of the

My (basketball) coach kept saying, 'this isn't football,' so I thought I'd go out for that.

Charrica Arnaiz
Offensive and Defensive Lineman
Vilseck High School

16-year-old players feels football is a "male sport."

"They may be stronger than us and taller than us, but we have our own strengths," said Arnaiz. "And we play on their level."

"We can keep up," said Leitold, whose tackle tactics prove genderless.

This combination of strengths is paramount in the success of the Falcon football teams. Leitold helped her junior varsity team "out man" the competition with a 7-0 winning streak to close out the season, while Arnaiz and her varsity teammates practiced hard and played hard, squeezing in one win and a few close losses.

"The girls work hard. They are not treated any different than the guys," said Jim Hall, Vilseck High School football

See FOOTBALL, page 17



Stephanie Leitold (left) and Charrica Arnaiz, both offensive and defensive linemen for the Vilseck High School junior varsity and varsity football teams, respectively, defy stereotypes about the male-dominated sport.

Holiday cheer

Army garrisons around Bavaria get into the holiday spirit. See page 3.

ODR winter trips

Don't hibernate this winter, get outside! Check out the adventures Outdoor Recreation offers in your neck of the woods. See page 11.

Holiday hiatus

The Bavarian News will take a break during the holidays. The next edition will hit newsstands Jan. 19.

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EB-G projects put Graf on the map



Photo by Andrea Hoesl

Cranes tower over the new Army Lodge during latter phase of construction in May. The building is scheduled to be operational in September 2011. In the background are several other Efficient-Basing Grafenwoehr projects, including the commissary and PX, 1+1 barracks, company operations buildings and the recently renovated Tower Theater.

by Herb Steinbeck
*USAG Grafenwoehr
Directorate of Public Works*

How do you make training more efficient, modern and, most importantly, effective with fewer dollars? Here's how the U.S. Army is doing just that in Grafenwoehr, Germany.

In 2001, it was recognized that the warfighters' operational tempo was dramatically increasing while funding was decreasing. Changes to accommodate the increased training needs needed to be achieved with fewer dollars while maintaining the morale of the troops. Thus Efficient Basing-Grafenwoehr, or EB-G, was conceived and initiated by the Department of Defense, the Department of the Army, U.S. European Command and U.S. Army Europe's 7th Army.

This stationing initiative will save the U.S. taxpayer about \$529.5 million over a 31-year period by eliminating 7.6 million square feet of facilities constructed

before or during World War II and closing 13 installations. Additional efficiencies will be realized in time and money by eliminating troop movements from and to the training area and by minimizing internal traffic.

As the name implies, EB-G is a cost- and time-savings measure realized by consolidating about 1,400 wheeled and tracked vehicles, 3,800 Soldiers and 6,800 family members that were spread over many widely dispersed locations into a single training area. A mature, well-exercised railhead system, a bulk fuel site and excellent local training areas with immediate access to the Grafenwoehr Major Training Area are additional benefits.

When all EB-G construction is completed, USAG Grafenwoehr will have been transformed from a nontactical training support garrison into the premier Army training base outside the continental United

See PROJECTS, page 17



Reeves

HOHENFELS, Germany — Members of the Hohenfels Military Community gathered Dec. 14 to pay their respects to a fallen warrior who made the ultimate sacrifice for his country.

Staff Sgt. Jason A. Reeves, 32, of Odessa, Texas, died Dec. 5 at Gardez District, Paktia Province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device. Assigned to A Company, 2nd Military Intelligence Battalion, 66th Military Intelligence Brigade, Hohenfels, Germany, Reeves deployed to Afghanistan in 2010 in support of Operation Enduring Freedom.

Many speakers reminisced on Reeves' ever-present smile, constant good humor, and ability to crack a joke under even the worst circumstances, but it was his selfless service that inspired them the most.

"He served far beyond the professional demands of a non-commissioned officer," said 1st Lt. Andrew J. Glubinski. "On post on the weekends, you could find Jason at the office spending time doing deskwork, because during the week he would spend every possible moment working with, and for, his Soldiers."

"He was devoted and would See REEVES, page 17



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Water Tower art by Dane Gray

News

Defender 6 sends

Focus on Army Family is year-round

We often recognize and honor the commitment and sacrifice of our military families. The strength of our Army is the Army Family, and we are asking more of families than at any time in the past. As such, the Army is aggressively working to support those who are the strength of our Soldiers.

The strength also comes from more than 30,000 participants who attended the 2010 Association of the U.S. Army Annual (AUSA) Conference in October, held in Washington, D.C. AUSA supports Soldiers, civilians, family members and retirees of all branches of the Army by providing a platform to address their concerns. Every year, AUSA draws thousands of Soldiers and Army civilians worldwide to view exhibits on the latest technology and attend special presentations on various issues affecting the Army.

The AUSA conference hosts several forums for those who work on behalf of the Army Family — senior Army leaders, subject matter experts and family members — to discuss critical issues families are facing. Family Forums have been a favorite for over 10 years, with this year's being the most widely attended of the sessions. Thousands of Soldiers, family members and command teams attended this year's forums that were broken into four themes:

Army families, paired with each of the following: Our Leaders; Our Children; Caring for Ourselves; Caring for Our Survivors. Soldiers and Family members got a chance to voice their concerns to senior Army leaders, who, in turn, addressed their concerns.

Our Leaders

Central to some of the concerns are the promises the Army has made to families in the Army Family Covenant: promises to enhance family strength, resilience and readiness and to provide an environment in which family members can thrive. These promises are non-negotiable, and the Installation Management Community is charged with delivering on many of them, by providing families with the right programs and services in the right place at the right time.

A common theme addressed across the Family Forums was the challenge of providing programs and services for all of our Soldiers and family members. As leaders, service providers and fam-

ily members noted during the AUSA Family Forums, access can be an issue, particularly for those who do not live near an installation. That is why the Army is creating Army Strong Community Centers: to provide information, resources and assistance to active, reserve and National Guard service members, retirees, veterans and family members who cannot easily get to an installation. Currently, three ASCCs are open, in Rochester, N.Y., Brevard, N.C., and Coraopolis, Penn. Another one opens in Oregon City, Ore., in early 2011.

Another important topic of discussion was the role technology plays as an invaluable tool in helping Soldiers and families access programs and services anytime and anywhere, as websites such as MyArmyOneSource.com are demonstrating. The Army is continuing to look at different ways to use technology, such as Virtual Installations. While we cannot put a bricks-and-mortar installation in every community, we can build a Virtual Installation that provides localized support to all members of the Army Family.

Our Children

The Army Families, Our Children forum focused on programs and opportunities that lessen the impact of effects

of deployments on children. Currently more than 142,000 Army children are dealing with the absence of a deployed parent. Just like the adults around them, Army children are also dealing with separations, reunions, injuries and death. We want to help our children cope with these issues, and more than that, to help them grow into strong, resilient young adults. To that end, we are working with a number of partners, including universities, to provide programs that support the healthy development of our children. There are programs for our youngest, such as Talk, Listen, Connect, and others through the elementary and high school years, such as 4-H, Boys and Girls Clubs, and Backpack Journalism.

Caring for Ourselves

The Army Families, Caring for Ourselves forum focused on caregivers and family readiness group leaders. With this in mind, several initiatives, like "Coming Together Around Military Families," are in progress to better prepare the professionals who work with our children and help them understand the challenges and opportunities of military life.

Army marriages face challenges every day. The divorce rate has increased

See FAMILIES, page 17

Commander's Message



Community prepares for holiday season

Gruess Gott! As this year comes to a close, I'd like to wish everyone a Frohe Weihnachten (Merry Christmas) und ein gutes neues Jahr (Happy New Year). We have much for which to be grateful during the holiday season, the least of which being our families and loved ones here in the Grafenwoehr Military Community and also back home state-side.

As you celebrate the holiday season, please remember those members of our community who cannot be with their families, either by virtue of being deployed, or because their families are stateside. A little kindness goes a long way, especially during the holidays, so don't miss your chance to give back.

For safety's sake

For those of you who are travelling great distances to be with family and loved ones, consider taking a moment to visit IMCOM's website at www.imcom.army.mil/hq/officecom/staff/safety. The site has links to a plethora of safety-related topics and the Travel Risk Planning System (TRiPs) provides tools for identifying and mitigating risks during your trip.

Those remaining in the area can also ensure they have a safe holiday season by reviewing holiday safety tips on the National Fire Protection Association and the U.S. Fire Administration's website, www.usfa.dhs.gov/citizens/focus/holiday.shtml.

Community events

Living and working in Europe can be difficult but also very rewarding. I would like to continue to encourage

everyone to seize the opportunity to get out into the surrounding communities and participate in many of the local events and celebrations, including the Christkindlmaerke (most of which will end this week), local hockey games in Weiden, and the city of Grafenwoehr's 650th anniversary event in downtown Grafenwoehr on New Year's Eve.

These events and many more are listed each week in the garrison public affairs command information newsletter. E-mail usaggnews@eur.army.mil to be added to the distribution list. In addition, the garrison's Facebook page is updated frequently with local events on and off post.

Vielen Dank

On behalf of the Smiley family and the command group, I would like to thank you for all you do to make this a great place to live and work. Your perseverance, drive and commitment to our customers make me proud to be associated with you and this garrison.

Please be safe and enjoy yourselves, friends and family as we get ready to embark on a new year.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*



CSM Corner



Safety plays major role during holidays

The snow and holidays are here and with them come a variety of hazards more dangerous than other times of year.

There are the hazards of household decorating with an abundance of sparkly lights, the dangers of driving on wet and icy roads, the depression that descends upon many during the holidays, which can itself elicit dangerous behaviors, and, of course, the excessive celebration that often results in drunk and drugged driving incidents.

Although being paranoid will not make these issues go away, taking proper precautions while doing any activity can make the holiday season accident free.

Here are a few things to keep in mind this holiday:

When decorating, don't stress your electrical outlets. Make sure you abide by the directions on the light packages for how many light strands can be daisy chained safely. This applies to indoor and outdoor lights.

Don't use indoor lights outside since they are not constructed to withstand precipitation of any kind.

Remember where you are. Many accidents occur merely because people forget they are on ladders or higher surfaces.

Don't leave extension cords lying around. If you must use one in high traffic areas, be sure to tape it down so no one trips over it.

Don't leave cooking unattended. Be sure to turn off burners and move pots to the back of the stove or onto a trivet when you leave the kitchen.

Keep pot handles facing the back of stove so tiny hands can't reach them and pull hot foods down upon their



heads.

Depression is a common dilemma during the holidays and the risk of depression increases during deployments. Our Army families, both parents and children, need emotional and mental support and the Army has made it available. The hardest part, however, for many people getting help is overcoming the stigma of being judged harshly for going to a therapist. They don't want to be labeled "crazy."

If you or someone you know needs help or just needs someone to talk to, contact a chaplain or the health clinic.

Our 2010 Drunk and Dugged Driving Prevention Campaign kicked off earlier this month and is in full swing. Although we want everyone to have a good time this holiday, we don't want it at the expense of anyone's health and well-being. When going out this season, be sure to assign one person as the designated driver and make sure they remain sober. If they don't, call for a taxi. There is no good reason for anyone to ever drive drunk.

We are a family and as such we must remember to watch out for each other and help care for one another. If you see someone who looks like they could use a friend, be one.

*Command Sgt. Maj.
William Berrios
CSM, U.S. Army
Garrison Grafenwoehr*

Was denkst du?

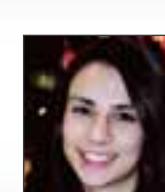
(What do you think?)



"Watching my 6-year-old son open his presents."



"Pollyanna" (same as Secret Santa).



"When my grandfather dressed up as Santa, came to our house and asked who was naughty or nice."



"Shopping."



"Family and eating the good food."

What is your favorite holiday pastime?

Sgt. Alex Hansom Auston Sr.
Human Resource Specialist
16th STB, HHC, USAG Bamberg

Spc. Alex Elliott
Multichannel Trans. Syst. Operator
C Co., 412th ASB, USAG Ansbach

Michelle Moore
Family Member
USAG Grafenwoehr

Andrea Phillips
Family Member
USAG Grafenwoehr

Sgt. Maria Santiago
Administrative Specialist
172nd SIB, USAG Grafenwoehr



Garmisch Elementary-Middle School teacher Eric Weddle conducts the school choir at the annual garrison tree lighting ceremony. It was the students' first performance of the school year.

Snow and festivities descend on Garmisch

Story and photo by
John Reese
USAG Garmisch Public Affairs

GARMISCH-PARTENKIRCHEN, Germany — Since the beginning of December, the tempo for annual events in this Alpine community has been as fast as the snowfall heavy.

Seasonal events began with the garrison's tree lighting ceremony. This year for the first time a Christkindlmarkt was added and the choice of pine tree were changed from the Pete Burke Center to the parking lot of the headquarters building and adjacent Freedom Park on Artillery Kaserne. (Freedom Park was coined after the Army Community Service employees initiated a tradition of tying yellow ribbons to the copse of trees next to Building 203 for each deployed member of the garrison and tenant units.)

"I suggested a Christkindlmarkt because its tradition in Germany and we're lucky enough to have such talented local people who do everything from jewelry, to knitting, to photography, to painting," said Brandy Humphrey, a copyright specialist for the George C. Marshall Center and a tour de force community volunteer as president of the Garmisch Community Club. Humphrey was the force multiplier for the tree lighting ceremony. "I considered it a way to showcase our local artists as well as a good way to involve more of the community."

The market opened up at 11 a.m., Dec. 2, with booths operated by AAFES, the commissary, works created at the Crafts Tree. Humphrey organized the family readiness group to provide gift wrapping and the Girl Scouts to serenade with carols.

"We had four community artisans participate, and they look forward to increasing that next year," said Humphrey. The artist's works can also be seen in the boutique displays at the garrison thrift store. "Aside from the cold, the event was nice and added something for the community in which to participate."

Donations for gift wrapping by the FRG will go toward a holiday treat for the Soldiers and welcome kits for incoming families and Soldiers, said Kayla Chambers, a GCMC secretary and Army spouse.

AAFES donated the wrapping paper donation, noted Chambers, adding the FRG also thanked the customers for their support. "Especially the volunteers who withstood the cold weather to help," she said.

The market was still in full swing later after darkness fell and the tree was illuminated courtesy of an old plunger-style explosives detonator box, rigged as the light switch. Before the lighting, the Garmisch Elementary-Middle School choir under the direction of Eric Weddle made their first performance of the season, and garrison manager Karin Santos address the community as snow began to fall.

"You may have missed it at the

last meeting we had to organize this evening's activities, but you were put in charge of tonight's weather," Santos told Chaplain (Maj.) Kevin Sears.

The snow made for a dramatic entrance by Santa, the jolly old elf's transportation courtesy of the Garmisch Fire Department.

The snowfall was also heavy enough to prevent the USAG Grafenwoehr commander and command sergeant major from attending the tree lighting, but both were on hand Dec. 10 for the annual German-American holiday reception despite another day of heavy snow.

With outstanding support from the Armed Forces Recreation Center's Edelweiss Lodge and Resort, this year's gala was held in the hotel's Gen. George S. Patton ballroom.

"The event was a terrific success," said organizer Andrea Winter, host nation liaison. "Having the reception at the Edelweiss is different and much appreciated by our German guests. Many of them have never been here before, and they're very curious about this big American resort hotel on Sheridan Kaserne."

Manager Santos agreed.

"So many of our guests commented on how beautiful the hotel looks, how much they enjoyed the food, and the entertainment," said Santos.

The ballroom was filled with German and American military personnel and key civilians dressed to the nines. The reception is the most anticipated event sponsored by the garrison.

"Many Americans in service to our country, living far away from home during the holiday season, may feel lonely and homesick, but not those of us lucky enough to be stationed here in Bavaria," said Santos. "The kindness found here in the Freistaat means a lot to us. This goes far beyond the alliance between Germany and America. We are sincerely grateful to our Werdenfels hosts for their unceasing hospitality and unending friendship."

The reception was also an opportunity to publicly welcome retired Lt. Gen. Kevin Dayton, the new director of the George C. Marshall Center for European Studies.

And still the snow continued to fall, with blizzard conditions eventually shutting down the garrison for a few hours on the morning of Dec. 13. The cascade notification system was engaged to allow personnel more time to get safely to work. The news of a two-hour delay spread quickly with help from the garrison's Facebook page, with word snowballing from the official page to dozens of personal pages. Plows, snow blowers and people armed with shovels, salt and gravel fought back, and by noon the sun reflecting off of the frozen white blanket was blinding.

As of press time, more heavy snow is forecast. Since winter sports makes up such a big part of Garmisch tourism, the garrison's Outdoor Recreation expects a very busy ski season.



Photos by Andreas Kreuzer



VILSECK, Germany — Above: Both Saint Nicholas and Santa attended the Tree Lighting ceremony at Rose Barracks to hand out gifts to all the boys and girls, Dec. 9. Left: Vilseck Elementary School choir director Carlen Young leads her students in Christmas carols.

Lights shine in Schweinfurt

Story and photo by
Nathan Van Schaik
USAG Schweinfurt Public Affairs



The Schweinfurt Elementary School chorus leads the crowd in Christmas carols at the Andrus Garden on Ledward Barracks, Dec. 3.

SCHWEINFURT, Germany — Hundreds of community members ventured into the frigid air as the garrison hosted its annual holiday tree lighting at the Andrus Garden on Ledward Barracks, Dec. 3. Dubbed "Hello, Holidays," the night was filled with a series of events including the special lighting of a combat engineer vehicle.

"Let's let that light shine and let's let it shine bright," said Garrison Commander Lt. Col. Everett Spain, in his opening remarks. "We're going to let it shine for our friendship, our Schweinfurt colleagues here, for our deployed in Afghanistan and with those we have a partnership with."

The tree, which sits in front of Niederwerner Strasse, is lit every evening at 4:30 p.m.

In attendance were Katherine Hammack, assistant secretary of the Army for Installations and Environment, Diane Devens, region director of Installation Management Command Europe, Sebastian Remelé, the Lord Mayor of Schweinfurt, and, of course, Santa Claus.

The tree lighting was just one of series of events ushering in the holiday season. The 9th Engineer Battalion also lit one of its own combat engineer vehicles modifying into perhaps the jolliest M60 tank around. After a frosty evening of caroling and yuletide glee, participants topped the night off with prime rib at the Ledward Dining Facility.

Hohenfels ushers in the holidays



Photos by Mark Iacampo

HOHENFELS, Germany — Above: Mckenzie Perkes enjoys arts and crafts during the Hohenfels tree lighting celebration.

Right: Hohenfels' Christmas tree offers holiday cheer to community members.

Vilseck VFW brings joy to orphans

Story and photo by
Nick D'Amario
Acting Public Affairs Officer

MOST, Czech Republic — Joy, in the form of presents donated by the Vilseck and Grafenwoehr communities, was brought to nearly 150 orphans in the city of Most, in the Czech Republic. The orphans, ranging from toddlers to teenagers, were visited in two children's homes, Dec. 11-12, by Vilseck VFW Post 9334 members Hal Hedges, Martin Sands and Larry Olson, and friends-of-the-VFW Clayton Carter, Dick Wiebe and Helena D'Amario.

"The Grafenwoehr military community came together and brought smiles to the faces of children who will go this Christmas and many more without parents," said Hedges. "It's absolutely wonderful how our community members opened up their hearts for those less fortunate during this special time of year."

Carter and Wiebe, DoDDS spe-



Santa Claus, played by Clayton Carter, talks with a child at an orphanage in Most, Czech Republic, Dec. 11.

children. Carter played Santa Claus and was a huge hit with children of all ages at the orphanages.

The VFW has been sponsoring the annual event since Hedges' initial visit in 1991 with Pavel Weiss, then-county commissioner, and now director of the Most children's home. Weiss still coordinates the annual event with Hedges, which has brought special holiday cheer to thousands of Czech orphans over the past 19 years.

The program centers around a Christmas tree at the Vilseck Commissary, where community members select age and gender-specific cards for orphans upon which to base their holiday gift.

Gifts from community members included stuffed animals, dolls, clothing, games and a large assortment of toys.

"The VFW motto 'We honor our dead through the living' was fulfilled to its fullest with the help of our great community," Hedges said.

Students share stories with a furry friend



Sam, a Cavalier King Charles spaniel, listens attentively as Netzaberg Middle School student Jennifer Shimkus reads aloud. The new program, "Pet Reading," allows children to share a story with a nonjudgmental audience and has proven to aid students with their comprehensive reading skills.

Story and photo by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — Sitting in the quiet library at Netzaberg Middle School, 11-year-old Jennifer Shimkus read aloud. Although no other students were around to hear it, Shimkus was not alone.

While she read, Sam, a Cavalier King Charles spaniel, stared attentively as the story of "Treasure Island" unfolded from the lips of the sixth-grader. His long brown tail wagged back and forth waiting for the next sentence and a furry paw rested on Shimkus' leg. He may not have understood the storyline, but Sam was eager to listen.

This new program, "Pet Reading," began at the middle school earlier this month and allows students a 15-minute session to share a story with the canine volunteer.

Shimkus appreciates the nonjudgmental audience.

"Reading out loud helps me understand the story better," she said. "And Sam always listens."

Pet Reading has been proven to

I feel more comfortable reading to Sam. He doesn't care if I make a mistake.

Julia Foslin, 11

aid children with their comprehensive reading skills, according to Stacy Mercord, the school's librarian.

"It's a positive practice," said Mercord, adding that the program also improves reading fluency and word comprehension. She hopes the program will inspire students to read at least 15 minutes a day, perhaps to their own dogs at home.

"We want to instill fun reading habits and get the kids excited about books," said Mercord. "We are always looking for new ways to promote the importance of reading and this is something new that the kids really enjoy."

Sam is certified "listener" through American Humane and the Delta Society, an organization that helps people live healthier and happier lives by incorporating therapy, service and

companion animals into their lives. The Delta Society is affiliated with the Reading Education Assistance Dogs (R.E.A.D.) program, which began in the Salt Lake City Library in November 1999 and promotes reading dogs in libraries and classrooms nationwide.

With extensive training and testing, man's best friend can do a lot more than fetch and roll over. Sam is a true professional and students flock to the library to share a story with him. He doesn't judge, he doesn't correct; he just listens.

"He helps the students build confidence in their reading skills," said Mercord.

Eleven-year-old Julia Foslin agreed. "I feel more comfortable reading to Sam," said Foslin. "He doesn't care if I make a mistake."

Tierheim trips are well-received



Photo by Andreas Kreuzer

WEIDEN IN DER OBERPFALZ, Germany — Col. Vann Smiley, U.S. Army Garrison Grafenwoehr commander, talks with one of the residents at the Weiden Tierheim, Dec. 13. Soldiers and family members from the garrison's Headquarters and Headquarters Company recently partnered with the animal shelter, and collected and donated more than 1,300 pounds of pet food and 425 pounds of cat litter. The group also visited the Amberg Tierheim. To donate or learn more, contact Christine Nunez at 475-8432 or christine.nunez@eur.army.mil.

Right: Capt. Kylen Mays, commander, Headquarters and Headquarters Company, U.S. Army Garrison Grafenwoehr, and fellow Soldiers deliver dog food and cat litter to the Weiden Tierheim, Dec. 13.



Photo by Jeremy S. Buddemeier

Pets require special care during holidays

by **Capt. Anna B. Mullins**
Kaiserslautern Veterinary Treatment Facility

Household plants

Some holiday ornamental plants such as holly and mistletoe can cause illness in your pet if ingested. There are many species of mistletoe, so it is difficult to predict the effects of ingestion, but clinical signs range from mild gastrointestinal upset to liver failure and seizures. Ingestion of lilies is very serious and can lead to acute kidney failure. This holiday season, choose a pet friendly arrangement or artificial plants.

Christmas trees

Christmas trees, although beautiful, are filled with tinsel and fragile, light catching ornaments that many pets consider toys (especially cats). Keep ornaments away from swatting paws! Most ornaments have hooks that can cause injury to the paws or inside of your pet's mouth. If ingested, these hooks can also damage the gastrointestinal tract.

If your cat is tempted to play with the ornaments on your tree, decorate the bottom third of the tree with non-breakable, plastic, or wooden ornaments that do not have hooks. You may feel your tree looks odd, but it will save you from spending the holidays at an emergency veterinary clinic.

New Year's noise

Although we may enjoy ringing in the new year watching the sky erupt in bright colors, the noise from fireworks is frightening to many pets. Do not leave your pet unattended outside on New Year's Eve as they may become startled by the noise and run from the yard in fright. Also, provide your pet with a safe haven where they can retreat when guests are visiting. Many pets will be happier in a separate room curled up in their bed during the festivities.

For more, call the Hohenfels Veterinary Treatment Facility at DSN 466-4560 or CIV 0947-283-4560, or the Rose Barracks Veterinary Treatment Facility at DSN 476-2370 or CIV 09662-83-2370. If it is an emergency or outside of the clinic's normal business hours, contact a local veterinary emergency clinic.

Resolution commends Marshall Center



Photo by Yvonne Levardi

GARMISCH-PARTENKIRCHEN, Germany — Adm. Mike Mullen speaks to participants of the Marshall Center's Program in Advanced Security Studies during the group's field study to Washington D.C., Nov. 15. A resolution in the House of Representatives commending the George C. Marshall European Center for Security Studies passed Dec. 2. The resolution commended the center for its efforts to promote peace, stability, and security throughout North America, Europe and Eurasia, and reaffirms the House of Representatives' commitment to promoting transatlantic cooperation through international collaborative educational programs such as those offered by the Marshall Center.

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Charlie Rock conquers the Alps

by Sgt. Charles D. Crail
172nd Infantry Brigade Public Affairs

REITER ALPE, Germany — Facing some of the most rugged alpine climbing in Germany, the Soldiers of C Company, Task Force 1-2nd Infantry, "Charlie Rock," 172nd Separate Infantry Brigade, did not blink; the mountains of the Reiter Alpe fell beneath their boots.

The Soldiers of Charlie Rock toiled one step at a time to reach heights nowhere to be found at their home base in Grafenwoehr, Germany. The mountains they faced though are a perfect example of the rugged terrain they will face once they deploy to Afghanistan.

"This was the entire purpose of training event," Capt. Nick Seidel, C Co. commander, said, "to get the Soldiers into arduous mountain terrain to practice light infantry tactics; ambush, react to contact, patrol base and perimeter defense."

"It was the best training event I've done since I've been in the Army," said Sgt. Dylan S. Fessler, C Co's team leader.

"The mountains are definitely a big change from what we are used to," said Fessler.

Fessler said he does not know anyone who has walked around the top of a mountain at night with low light imaging equipment, over rocks and through slippery snow.

"It was an eye opener," said Fessler. "Definitely a lot of lessons learned."

Soldiers used the upgrade version of the Multiple Integrated Laser Engagement System called DICE to further enhance their learning, Fessler said.

"For them it's like laser tag. It gives them a more realistic understanding of the battlefield," said Fessler.

DICE equipment does not just tell Soldiers if they have been hit, it also calculates where



Photo by Capt. Nick Seidel

Facing some of the most rugged Alpine climbing in Germany, the Soldiers of C Company, Task Force 1-2nd Infantry, "Charlie Rock," 172nd Separate Infantry Brigade, did not blink; the mountains of the Reiter Alpe fell beneath their boots.

and how bad using an integrated computer and GPS tracker. Soldiers are then required to medically treat themselves or their fellow Soldiers just like on the real battlefield.

The combination of altitude, heavy labor and realistic combat training paid off for his Soldiers, said Fessler. Soldiers aptly summarize the description for this level of exertion by turning the adjective 'suck' into a verb.

"When you are sucking like that, and it is definitely sucking going up that mountain, not only is it an excellent training environment, it is one of the most beautiful places I've been,"

Fessler said. "So a lot of my new privates, who have never really been outside of Grafenwoehr, enjoyed getting to see this perfect piece of real estate."

The training culminated with a mountaintop bonfire alongside their German hosts the night prior to descending back to more mortal elevations. Additional training in the region for other units of the 172nd Sep. Inf. Bde. is planned for the coming weeks. Fessler said his platoon will not only have the chance to go back, but also to train at the Slovenian Mountain Warfare School in late December.



Soldiers of the 172nd Separate Infantry Brigade blow off steam with a snowball fight during the Single Soldier Retreat at the Edelweiss Lodge, Dec. 4-6.

Single Blackhawk Soldiers soar to new heights

Story and photo by
Spc. Robert J. Holland
172nd Infantry Brigade Public Affairs

GARMISCH, Germany — The sound of crunching snow echoed throughout the numbingly-cold morning air, Dec. 3. One-by-one single Soldiers from 172nd Separate Infantry Brigade made their way from the barracks to the deserted gym parking lot. Bags were packed and the excitement in the air was noticeable. As the bus pulled up, the doors opened and warm air rushed out, greeting their chilled faces.

This getaway weekend, sponsored by the brigade chaplain, was a breath of fresh air for many. It offered a rare chance to escape the Army family dominated world and the daily grind of work. The single Soldiers were able to build community, develop relationship skills in a safe, nonintimidating environment.

The 172nd Sep. Inf. Bde., a team of teams, has always recognized the huge role its single Soldiers play in the brigade's overall operational success and have never been forgotten.

The weekend event, which was held at the Edelweiss Lodge and Resort in Garmisch, Germany, was a mixture of workshops covering topics such as personal resiliency, teamwork, healthy relationships and life goal planning. Soldiers were also given free time to tear up the ski slopes, explore the beautiful town of Garmisch, or simply enjoy the many luxuries the Edelweiss offers.

"This retreat granted Single Soldiers an opportunity to educate, rejuvenate and build relationship with personnel throughout the Blackhawk Brigade," Staff Sgt. Keith Johnson, chaplains assistant, 172nd Sep. Inf. Bde., said. "As we build a resilient force, it is imperative that we not only focus on the physical readiness of the Soldier but also their spiritual, mental and social skills."

Pfc. Stephanie Carr, Headquarters Company, 172nd Sep. Inf. Bde., is just one of the Soldiers that enjoyed the retreat, she said.

"It was really fun, we did a lot of cool stuff," Carr said. "I even snowboarded for the first time."

Carr said she learned a lot about herself, healthy relationships, and how to successfully interact with significant others and other people.

"You learn that everybody speaks a different language in terms of being in a relationship," Carr said. "It makes you realize that a lot of relationship issues I have gone through in past were actually just miscommunication."

Johnson was pleased with how receptive the Soldiers were to the classes and the great facilities Edelweiss offered, including the ever-popular hot tub.

"The goal was to provide Soldiers the tools to equip them for success in the future," Johnson said. "My vision for the weekend was to afford Soldiers an opportunity to seek self improvement, experience Bavaria and build social skills, and we accomplished just that."

Energy tip

Check on major appliances routinely. Overheating is a sign of defects or too much energy use. Fix or replace with EnergyStar products.

Soldiers push their limits in Slovenia

80-pound packs, snow no match for 172nd Inf. Soldiers

Story and photo by
Sgt. Joel Salgado
U.S. Army Europe Public Affairs

BOHINJSKA BELA, Slovenia — High up in the Slovenian mountains, members of U.S. Army Europe's 172nd Infantry Brigade are participating in training with the Slovenian armed forces at the SAF Military Mountain School, here, Dec. 1-11.

"I think it's an outstanding experience that most people don't get," said Sgt. Matthew Clark, the 172nd Inf. Bde. "It's a chance to experience how different militaries work and see their standards of training compared to ours."

The 10-day course, instructed by cadre of what is officially called the SAF Military Mountain School/Center of Excellence for Mountain Warfare, is designed to give Soldiers of the 172nd the confidence to operate in a difficult and challenging mountainous winter environment.

"I think it's quite interesting to work with your guys," said 1st Lt. Bernard Polanec, the senior Slovenian trainer for the class. "I think they don't have enough knowledge



Soldiers with U.S. Army Europe's 172nd Infantry Brigade pause during a snowshoe hike up a steep forested plateau at the Slovenian Armed Forces Mountain Training Center, Dec. 3.

of the mountains, and we would like to give them as much as possible."

During the first three days of training, 172nd Soldiers found out just how much they knew as they persevered through extreme cold and ankle-to-chest-deep snow to navigate roughly 16 kilometers

through steeply inclined forests. In addition to the "normal Soldier load," each troop carried winter gear that increased his total load to approximately 80 pounds.

"It's hard, and probably the most physically demanding thing I've been through in the military," said Sgt. Shawn Bender.

Soldiers said they appreciated the Slovenian instructors' extensive experience in mountain operations, and their willingness to share it.

"They're well-organized, well-equipped and very knowledgeable," Sgt. Vaughn Hinckbain said.

The training started with classroom instruction in a variety of mountaineering and cold-weather skills, such as building snow shelters and navigating in the mountains. Next came outdoor training that began with the most basic of winter mountain skills — using snowshoes and skis to travel in the difficult terrain.

"We all need to know the basics: how to walk in snow with snowshoes (and) skis; how to live in this environment; and how to prepare your bivouac," said Sgt. Jason Landrum.

At the end of the second day of training, Soldiers climbed nearly 4,000 feet to the top of Pokljuka, a forested plateau where they spent a cold night in snow shelters of their own construction.

"Getting into the sleeping bag wasn't the hard part — getting out of it was," said Sgt. Todd Baker the next morning.

That morning Soldiers had a chance to warm up while using a climbing harness to rappel and a rope zip line to cross obstacles, by learning to tie knots, and by training with an avalanche transceiver and probe used to rescue victims buried by an avalanche.

"I've learned a lot of good stuff, especially about how hard it is to move in the mountains," said Sgt. John Beelow.

After a foot march back from Pokljuka to Bohinjska Bela, Soldiers and cadre conducted an after-action review and readied themselves for their next mission and another day of training.

The remaining training includes opportunities for the Americans to practice the mountain skills they have already learned and a two-day bivouac that will give them a chance to put those skills to the test.

Another goal of the training here is to give Soldiers from both armies the opportunity to build relationships and networks for future partnerships. The troops did that as they spent time together training, and during a cultural day spent visiting Ljubljana, Slovenia's capital city.

Sabers help Afghan children gear up for school

Story and photo by
Capt. Matthew Frost
2SCR Public Affairs

ZABUL, Afghanistan — Education is almost globally acknowledged as one of the most important factors in the quality of life and opportunity of all children. Afghanistan is no different. Often, especially in the Spin Boldak District, the biggest hurdle in the way of a child's education isn't lack of a school or teacher. When these things can be found the biggest impediment to learning is lack of supplies. Not only do most schools lack serviceable books but they are almost all uniformly lacking in common items like pens, pencils, paper, crayons, chalk and folders.

Troopers of 4th Squadron, 2nd Stryker Cavalry Regiment, have been aiding their Afghan partners in relieving this situation throughout the Spin Boldak District. By providing children



Afghan children in the Spin Boldak District test drive new backpacks they received from the troopers of 4th Squadron, 2nd Stryker Cavalry Regiment.

with backpacks full of school supplies, they are enabling them to attend and learn in newly refurbished schools. The Sabers have accompanied their Afghan Border Patrol and Afghan National Police brothers in number of backpack drops

thus far this year and have number planned. For less than \$6, a year's worth of supplies and a backpack can be bought. Currently, the Afghan National Security Forces have outfitted more than 700 students this year.

The delight the students feel at getting these new backpacks is easily seen all over the faces of the children at locations like Abdul Razzaq school.

"I am so happy to have my backpack. I can go to school now," said one student.

A local official, Spin Boldak Education Minister Haji Badrudin, also stated that the ANSF and ISAF forces succeeded where others had failed by simply giving the packs directly to the children.

The ANSF as well as the Sabers believe that by educating the children of the district they are building a better country. These children will carry on the work of governing, feeding and defending Afghanistan. These backpacks, as simple as they are, are helping to do that.

9th Engineers prepare for IEDs at Area Mike

Story and photo by
Charles Stadtlander
 USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The rolling hills of the 6,000-acre Pfaendhausen Training Area were blanketed by an unseasonably early layer of fresh white snow. The RG-31 mine-protected vehicle crept along the icy road at a snail's pace, slowing to a stop between two small knolls rising from the wintry landscape. Buried among the trees was a rocket aimed directly for the vehicle and its five passengers, Soldiers from the 9th Engineer Battalion's Alpha Company.

The Soldiers were only in a training scenario and the rocket was merely a realistic prop, but the situation was one that these troops may face on a regular basis during their deployment in 2011. First Lt. Daniel Maxwell led his platoon through the exercise, and said part of the point was to recognize and deal with roadside bombs.

"These specialized vehicles allow the Soldiers to interrogate the IED," said Maxwell, referring to the RG-31 equipped with a "Ferret Arm" to move aside rocks and debris from around a camouflaged improvised explosive device. The machinery allows for examination of an IED from a distance, but the Soldiers within the vehicle still need to dismount and visually scan the area.

Another specialized vehicle the Soldiers trained on during this exercise, known as a Husky, only allows for a single driver carrying a pistol, with not even enough room for a standard-issue rifle. The Soldier inside is encased in a heavily armored hull with a V-shaped bottom — much like a boat — designed to deflect explosions away from the vehicle. Though wheels



Soldiers from the 9th Engineer Battalion sit inside an RG-31 armored vehicle equipped with mine-detection rollers. The frigid exercise, held at Schweinfurt's Pfaendhausen Training Area, provided skills to recognize IEDs and to safely scan an area to ensure clear passage.

may be damaged or blown clear, often the hull remains intact and the Soldier is unhurt.

"The Husky is basically designed to hit bombs," said Maxwell. "They're real tough."

The training experts, James Gibb from Grafenwoehr and Oscar Fernandez from Baumholder, set up the IED scenario in what they call a

"pinch point," or a place where a road threading between two elevated pieces of land sets up an ideal spot for a potential IED bomber to strike.

"The enemy uses culverts and choke points to attack. They look for places where our Soldiers have no choice but to drive through," said Gibb.

Using the prop rocket and other telltale signs of IEDs, they trained the Soldiers to identify weapons and neutralize threat, lowering the potential for harm in a real-life scenario.

Soldiers work in teams, using a Husky equipped with metal detectors traveling in tandem with an RG-31. They don't merely rely on technological advantage, and in this training they learned effective tactics for dealing with small-arms attacks on foot. According to the trainers, this sort of after attack often accompanies an initial blast from an IED.

Fernandez, who has used training areas all over Germany, sang the praises of Pfaendhausen, sometimes known as Area Mike.

"I like Schweinfurt's area best of all. It's really got everything you need in a big, stand-alone place. The FOB, the MOUT site, dig areas, everything," said Fernandez. "Plus, you really feel like you're out in the woods."

Edward Nieto, a regional officer from training support, said the Army had invested \$1 million into Area Mike expanding a road to better simulate roadside conditions in the Middle East. The improvement aided this particular training, creating IED environments much like those downrange.

The Soldiers joked much about the cold conditions, marveling at how difficult it was to spot the concealed prop rocket in the snow before hurrying to hop back into the heated cab of the RG-31 after their scan of the surrounding area on foot. But the somber realities of their training were inescapable.

The concentrated looks on their faces indicated acknowledgment of every detail from every procedure the trainers described, carefully filed away for the day when the Soldiers might need to use the skills in battle.

Patterson earns USAREUR career counselor of year distinction

by Capt. Jennifer Dyrcez
 18th CSSB Public Affairs

HEIDELBERG, Germany — Sgt. 1st Class Martonio Patterson, representing the 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, won the U.S. Army Europe Career Counselor of the Year award for 2010, recently. Patterson has been in the Army for 12 years and has been a career counselor for the last four.

"It was truly an honor to compete with the best career counselors throughout USAREUR and to be nominated as the winner," said Patterson.

Career counselors are technical experts and advisors for the Army retention program. They assist Soldiers and their families

with defining and achieving the goals they set for themselves while they are in the military.

The USAREUR board consisted of an Army Physical Fitness Test, a 50-question exam and a competition board. The APFT and exam were added to the competition this year to ensure the career counselors kept their basic soldiering skills at the highest level as well as advancing their career knowledge.

Gen. Carter F. Ham, the USAREUR commanding general, will officially present Patterson's award to him in the upcoming months. In addition, Patterson will compete at the Army-level career counselor competition at the Pentagon in January.

To prepare for the upcoming board I will continue to care for Soldiers and their families, which I believe to be the foundation the career counselor field is built upon," said Patterson. "Soldiers join the Army for many different reasons — some for education, some for country and some for their families. No matter their reason, they still make the sacrifice to serve and defend their country. My aim is to assist them in defining and achieving their goals."



Patterson

and exam were added to the competition this year to ensure the career counselors kept their basic soldiering skills at the highest level as well as advancing their career knowledge.

Gen. Carter F. Ham, the USAREUR



Stabsfeldwebel Gerhard Lindthaler (far left) smiles as he dumps out the donations made by the 18th Combat Sustainment Support Battalion "Warhammer" Soldiers to the German War Grave Caring Association as Norbert Bucherl, (back left) the mayor of Freihung, and Franz Zeilmann (back right), USAG Grafenwoehr Public Affairs, look on. Command Sgt. Maj. Bryan Witzel (front right) of the 18th CSSB assists with the counting.

Unity, friendship core of partnership

Story and photo by
Capt. Jennifer Dyrcez
 18th CSSB Public Affairs

GARMISCH-PARTENKIRCHEN, Germany — The Armed Forces Recreation Society, a branch of the National Recreation and Park Association, recognized Garmisch Community Library employee Jamie Davis with a 2010 Armed Forces Front Line Award.

The Front Line Award is bestowed upon personnel working in direct contact with the customer, meaning they are the front line of armed forces recreation. It recognizes exceptional personnel who are not often lauded but who are critical to providing outstanding customer service. Employees like Jamie Davis work to meet the needs of the customers and, as a result, customer perceptions and attitudes about the organization are created.

"Jamie's professionalism,

her helpful manner and good humor, and her talent for mak-

ing everyone feel welcome all help customers form a positive attitude toward the library and the Garmisch community as a whole," said librarian Alien Patail.

The diamond-shaped crystal Front Line trophy was presented to Davis at a garrison special and length-of-service award ceremony at the Pete Burke Center, Dec. 2. Patail delivered her praise for Davis first in English and then German for the benefit of the many local national employees present.

"It is because of employees like Davis that our Garmisch library has been named the Best Small Garrison Library four times," said Santos.

Library assistant Jamie Davis, flanked by USAG Garmisch Manager Karin Santos (left) and librarian Alien Patail, receives the 2010 AFRS Front Line Award in appreciation for her customer service.



"It is very unique how the 18th CSSB Soldiers have collected the donations internally; no other foreign military has done this before to support our organization. This represents the real, living camaraderie between soldiers, no matter their nationality," said Kasper Becher, the German War Grave Caring Association representative for the Oberpfalz region.

"On behalf of the Warhammer Soldiers, I want to thank you for allowing us to contribute. It is only right to see these soldiers remembered and buried properly," said Lt. Col. Reed Hudgins, the 18th CSSB commander.

"This all works due to the living partnership between the town of Freihung and the 18th CSSB," said Becher.

Visit our official U.S. Army Grafenwoehr Facebook page.
 Search "U.S. Army Grafenwoehr" using Facebook's page search engine.

Winter thrills abound in Bavaria



Air Liaison Officer, Lt. Col. Tom Shuler, 124th Air Support Operations Squadron, from Gowen Field in Boise, Idaho moves stealthily across moving wooden planks while maneuvering the high ropes course during a visit to the Grafenwoehr Training Area. Outdoor Recreation can help get you up in the air, too.

Outdoor Recreation outings keep winter doldrums away

Story and photos by
Molly Hayden
Staff Writer

Military members stationed in the Grafenwoehr area are blessed with plush Bavarian surroundings that offer an array of outdoor activities for everyone from the audacious thrill seeker to the laid-back wayfarer. Through Family and Morale, Welfare and Recreation's Outdoor Recreation offices, classes, activities and trips are available to quell the adventurous side in everyone. Inquire within and find out what adventure awaits, or plan a group outing for your unit or organization by calling Outdoor Recreation at 476-2563 (Rose Barracks) or 475-7402 (Main Post).

Hiking

Experience the lush Bavarian forests on an ODR-led hike, including explorations to Devil's Stone, Maximilian's Cave, Baroque churches

and more. Enjoy a picnic lunch before returning home, or inquire about our family hikes, which are shorter hikes offered to those with small children. Spending time outdoors with great company is easy with ODR.

Klettersteig

Alpine hiking, or klettersteig, is a European specific hiking discipline that combines hiking and climbing. Rather than climbing up a rock face, klettersteiging involves crossing or traversing rock walls on an established trail while utilizing a safety harness and safety belays. The klettersteig course is located in the Hirschbach Valley, a 45-minute drive from Rose Barracks. The "Hohengluecksteig" has various routes guaranteed to satisfy all types of participants. From calm to extreme, a klettersteig adventure can be customized to meet all fitness levels.

Sign up now for the Saturday, Jan. 22 Klettersteig.

Rock climbing

Experience one of the most famous climbing areas in Europe, the Frankenjura, with more than 700

crags and over 8,000 rock climbing routes. There are climbs for every skill level and ODR instructors will help teach those new to climbing how to belay safely. The Frankenjura is the perfect place to learn to climb, hone skills and enjoy beautiful scenery.

High ropes

An intricate high ropes course is tucked away near the small town of Tannenbergs, approximately 30 miles southeast of Rose Barracks. Maneuver through various obstacles while suspended 40 feet above ground. This course presents participants with challenges of varying degrees of difficulty and often uses team building skills.

Skiing and Snowboarding

From bunny slopes in the Bavarian backyard to the double black diamond slopes of the Alps, ODR offers lively runs and awe-inspiring views. The snowy background is the perfect setting for beginners to learn how to ski or for the more experienced to hone their skills. Daytrips and weekend excursions are available.

Join other skiing enthusiasts and daytrip to Grosser Arber (the highest peak of the Bavarian-Bohemian-mountain ridge) every Saturday in Dec., Jan. 8 and 29 and Feb. 5, 12 and 26. Ski or snowboard instruction available for the newbies, depending on the date and snow conditions. Inquire when booking.

Experience the slopes of Brauneck-Wegscheid Germany, Jan. 15 -17 or March 11-13, (both Fri. - Sun.) during a wintery weekend getaway. Sign up no later than Dec. 30 for the Jan. trip and Feb. 22 for the March trip.

Cost: \$219 per person in double room or \$239 per person in single room. The trip includes Transportation to and from the hotel, accommodations for two nights, transportation to ski resort each day, and dinner and breakfast for two days. Additionally, an airboarding session will take place Jan. 16 and March 12 (read about airboarding below). Ski passes and lunches are not included in the trip.

Note: When booking ski/snowboard trips, customers should stop by Rose Barracks' Outdoor Recreation the week prior to be fitted for gear. The friendly staff will keep the measure-



Rose Barracks Outdoor Recreation Facility Manager, Brian Jansma (right), checks harnesses and other safety gear prior to a klettersteig outing with Soldiers from the 172nd Infantry Brigade.

ments on file for the winter season.

Airboarding

This new adventure was just added to ODR's already adventurous regime. The sport is a high-tech twist on traditional winter sledding — winter's version of bodyboarding. The airboard itself is inflatable and has grooves on the underside that allow riders to make sharp turns and stop quickly in the snow. It's light, weighing in at six pounds and easy to carry. Airboarding is quickly gaining momentum in Europe and is a low maintenance alternative to skiing or snowboarding.

In addition to the adrenaline pumping, high-impact, dare devil (or sometimes timid) adventures, ODR has loads of equipment and safety gear available to rent, including a special on skiing and snowboarding equipment for the duration of the winter season.

As the weather gets colder this winter season, many outdoor adventures await. Bundle up, step out of your comfort zone, and take a ride with ODR, you may surprise yourself.

Outdoor Recreation and rental equipment

Ansbach

Bldg. 5807, Katterbach Kaserne
Mon-Fri, 11:30 a.m.-6 p.m.
Closed Sat, Sun and U.S. holidays
DSN 467-3225, CIV 09802-83-3225

Garmisch

Pete Burke Center, Bldg. 725
Mon-Fri, 12-6 p.m.
DSN 440-2638, CIV 08821-750-2638

Grafenwoehr

Bldg. 547
Mon, Tues, Thurs, Fri, 11 a.m.-6 p.m.
DSN 475-7402, CIV 09641-83-7402

Hohenfels

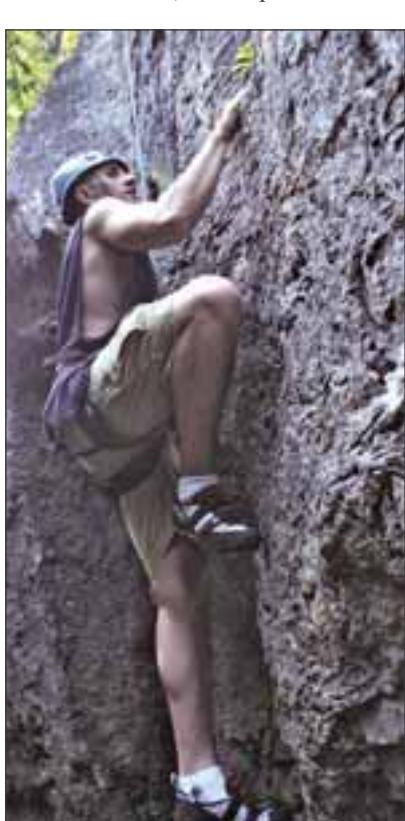
Bldg. H15
Mon-Fri, 11 a.m.-6 p.m.
DSN 466-2060, CIV 09472-83-2060

Schweinfurt

Outdoor Recreation and Paintball
Bldg. 50, Conn Barracks
Tue-Fri, 10 a.m.-5:30 p.m.
Sat, 10 a.m.-4 p.m.
DSN 353-8080, CIV 09721-96-8080

Rose Barracks

Bldg. 2236
Mon, Tues, Thurs, Fri,
11 a.m.-6 p.m.
Sat, 9 a.m.-1 p.m.
DSN 476-2563, CIV 09662-83-2563
* open Sat, Sun from Memorial Day through Labor Day



Above: A steel cable guides Spc. Shawn Ridley, 172nd Infantry Brigade, through the klettersteig course during an outing with the Warrior Adventure Quest.

Left: Spc. Zack Thompson, 1st Squadron, 2nd Stryker Cavalry Regiment, climbs his way up a steep cliff during an outdoor rock climbing excursion.



University's loss is Army's gain

Story and photo by
Jennifer Walsh Cary
 BMEDDAC Public Affairs

VILSECK, Germany — Two years ago, Dr. John Dieter's wife looked him in the eye and told him it was time to get a real job.

"I was at Emory University and I was fairly content," Dieter said. "But I worked long hours and the pay wasn't very good. Once my wife and I had our baby, we decided it was time for me to consider more gainful employment."

It didn't take long for the military to woo the neuropsychologist and before he knew it, Dieter and his family were on their way to Germany where he would work at the Vilseck Behavioral Health Clinic. He was hired to work with adult mild Traumatic Brain Injury cases, but his scope quickly broadened to meet another need in the community.

"I knew nothing about life on an Army post," Dieter said. "But when I realized there were kids here, I said let's create a pediatric service. All of my research at the university was on early brain development and children, and pediatric neuropsychology has always been my primary clinical focus."

His services have been offered for the past year and extend well beyond Germany to other European-based military communities. He's in high demand, but what exactly does a pediatric neuropsychologist do?

"Neuropsychology is the study of brain function through the examination of behavior. Often I'm referred very difficult cases be-



Dr. John Dieter, pediatric neuropsychologist at the Vilseck Behavioral Health Clinic, explains how he uses different testing materials when assessing children. Dieter often works on difficult cases where the child is autistic or suffers from extreme developmental delays.

cause other clinicians or schools need greater clarification regarding the diagnosis and treatment," Dieter said. "I examine the whole child and assess their intellectual, cognitive and emotional functioning. Then I provide a global perspective of the child."

Dieter often finds that the child is suffering from a complex problem such as severe autism, extreme developmental delays or lack of language development. His assessment is very comprehensive and he averages 25 hours on each case, with at least six to eight hours spent directly with the child.

"I'm somewhat unique in that I

do all of the testing with the child myself," Dieter said. "It's important because it allows me to spend many hours directly observing the child - how he does things and how he relates to me and his parents."

After spending time with the child, Dieter produces a full report and discusses the findings with the parents. This is followed by discussions with the schools and an intervention plan to help the child continue to develop in a positive way.

"I find child cases so rewarding because I can play such a hand in not only finding out what's going on, but also assisting in the intervention," Dieter said. "Inter-

vention is so important because the earlier and more comprehensively you intervene the better the prognosis is because the brain is still growing."

For many parents, putting a name to what their child is going through is a huge, albeit sometimes rocky, step forward.

"Often they're relieved to finally know what is going on. However, they may also be frightened or even angry," Dieter said. "A very important part of my job is to help them process their feelings, helping them understand the child's condition and instilling hope while still being realistic."

Occasionally, parents also want to know if they should take their child back to the United States for treatment, but Dieter said this is usually unnecessary.

"By and far the services that are here at the school and the clinics in the area are as good or better than what they would get in the States," he said.

The commander of the Vilseck Health Clinic, Col. Glenda Lock, tends to agree.

"The support we receive from the schools and our clinicians here in Europe is excellent," she said. "And there's only one Dr. Dieter. He's a huge asset to our team and continues to consult on many cases in addition to his responsibilities in MTBI."

Overall, Dieter is very happy with the progress he's made in the past two years and he plans to continue supporting military families in Europe as long as he can.

"If my wife and I had it our way, we would stay here forever."

a shot of advice

by Lt. Col. Stephen Linck
 BMEDDAC

When it comes to the holiday season, people tend to ask more questions about how to stay healthy while not having to forgo the baked goods at work and the treats at home. As someone who prefers to eat treats, I thought it best to enlist the help of Capt. Jen Lee, our chief of Nutrition Care, who is more impartial when giving out nutrition advice. She tackled two of your questions for this edition of A Shot of Advice.



Linck

Q. What is the etiquette rule on traveling while sick? One time I had to sit next to a girl on a plane who threw up for half of an eight-hour flight because she had the flu. She wouldn't even get up to throw up in the bathroom; she just sat in the seat next to me. At what point should you stay home?

Respectfully,
 Nauseated in Nuremberg

A. Dear Nauseated,
 Unfortunately, there are no standard guidelines to prevent the sick from traveling. As a common courtesy it is best to stay at home if you are suffering from any sickness that is contagious. This may include illnesses such as chickenpox, influenza, pertussis, strep throat or pink eye.

However, keep in mind this is not an exhaustive list of contagious illnesses. Obviously, if you are unable to proceed normally in an airport without holding up the flow of traffic that would be another reason to reschedule, such as frequent trips to the restroom or uncontrollable coughing or vomiting. With this said, the best way to combat getting sick from those who refuse to reschedule travel is to wash your hands frequently; have hand sanitizer available to all those you are traveling with; then to change clothing as soon as you are done with travel. These small steps can go a long way in preventing you or your family from picking up an illness on the plane.

Q. Is it too late to get the flu vaccine?
 V/r,
 Needy in Netzaberg

A. Dear Needy,
 It is never too late to get vaccinated. We were very fortunate this year and received our supply of vaccines earlier than usual. There is no recommended cutoff date to receive the vaccine and influenza can happen year-round. We still have plenty of vaccines available so head to your nearest health clinic and get vaccinated.

Q. If there is a two-hour weather delay, do the clinics still open at their regular time? Or are all of the early morning appointments canceled?

Thanks,
 Snowballed in Schweinfurt

A. Dear Snowballed,
 BMEDDAC policy says that all of our clinics are operational by 9 a.m., but there is some variance between garrisons. Some of our clinics open at 8 a.m. and others adjust opening times to road conditions. Command direction to the clinic is that we don't cancel your appointment until the end of the day. If you show up late because of weather or road conditions, we will take care of you when you arrive. If there are any specific concerns, please contact your individual clinic patient advocate.

Clinics removing mental health stigma

by Jennifer Walsh Cary
 BMEDDAC Public Affairs

VILSECK, Germany — With an ever-present stigma associated with mental health services, many service members choose not to get help even when they need it.

In an effort to reach those service members, Army health clinics in Bamberg, Katterbach, Schweinfurt and Vilseck are participating in the Re-engineering Systems of Primary Care Treatment in the Military, or RESPECT-Mil, program.

"Sometimes there is a negative stigma with going to mental health for an appointment. The individual might think someone might see them or that they are 'crazy,'" said Maryjane Hoban, Bamberg Health Clinic family nurse practitioner. "With RESPECT-Mil, they are seen by their primary care manager like any other ailment, which removes that stigma and hopefully improves the outcome."

The program is twofold, with the first part focusing on screening measures.

"The main objective of the program is to introduce and facilitate the routine and consistent screening of service members for depression and post traumatic stress disorder," Hoban

said. "This occurs each time a service member is seen in a primary care clinic because the screening is included as a matter of routine with the taking of vital signs."

Since the majority of service members have primary care appointments at least once a year, the likelihood of identifying service members who need help increases, she said.

The screening consists of six questions related to depression and PTSD and for most service members, their exposure to RESPECT-Mil ends here. However, if a primary care provider determines a service member may need mental health services, the service member is given the option of enrolling in part two of the program.

"Treatment options might include medications or psychological counseling," Hoban said.

During the treatment process, the primary care provider is the primary point of contact for the service member, not a mental health specialist. Instead, the mental health specialist provides recommendations for a treatment plan from a distance. The link that holds everything together is the care facilitator.

"The care facilitators are specially trained registered nurses who support the service member and primary care providers by de-

livering patient education; supporting patient preferences for treatment; monitoring both the patient's treatment adherence and response; and providing feedback to the primary care provider about patient progress," Hoban said. "The care facilitator acts as a conduit who communicates routinely with the primary care provider, behavioral health specialist and the patient."

Together, the three-person team ensures the service member is treated for depression or PTSD without routine appointments at the mental health clinic. For some, this is the ideal treatment situation.

"Most of our screenings in Bamberg are negative," Hoban said. "But of those that are positive, several have opted to enroll in the program because it's just like being seen at the clinic for a routine problem."

Overall, she said the program is a valuable tool for the clinic and the service members it treats.

"I believe this program is ideal for our service members. It will help reduce the stigma of actually going to mental health and at the same time it helps us reach those that are in need of treatment for depression and PTSD," Hoban said. "It could prevent suicide."

Stay healthy while traveling this holiday

by U.S. Army
 MEDDAC Heidelberg
 News Release

VILSECK, Germany — The holiday season usually means travel season for many families, and being stationed overseas means you probably have that much farther to travel to get home in time for the holidays.

Bavaria Medical Department Activity experts urge travelers to stay smart about their health while on the go this year.

"The winter season is the prime time for colds and flu illnesses," said Lt. Col. Gwendolyn Davis, BMEDDAC Preventive Medicine chief. "It is important

to take time before your trip to reduce your risk of getting sick. Influenza vaccines are the most important tools we have for preventing the flu. Make sure you and your family members have been vaccinated against influenza before you travel."

Flu vaccines are available to all eligible beneficiaries on a walk-in basis at any Army health clinic in Bavaria. Visit your nearest health clinic to receive the flu vaccine and other health information to make this holiday travel season an enjoyable and healthy event.

Following these tips can help keep you and others healthy during the winter weeks ahead.

If you have recently been sick,

you should probably visit a doctor before traveling to ensure you are healthy enough to travel. Traveling while sick could increase your health risk or put others at risk of getting sick.

When packing, make sure to put all of your prescriptions in your carry-on luggage in the unfortunate situation that your luggage is lost or misplaced. Also, bringing over-the-counter medicines such as cough drops, antihistamine, anti-diarrheal medicine, decongestant, antacids, and pain medicine such as acetaminophen, aspirin or ibuprofen, is a must, according to the Centers for Disease Control and Prevention.

As always, washing your

hands, or using hand sanitizer when soap and water is unavailable, is important while traveling. Bringing a travel-sized hand sanitizer with you on an airplane is a smart idea to cut down on germs you may encounter during long flights.

Simple steps such as drinking plenty of water to stay hydrated and getting the right amount of sleep will also help prevent sickness during traveling.

The holidays are a time of being together with loved ones, so make sure to follow these simple tips to stay healthy and enjoy your holidays to the fullest.

For more information, visit wwwnc.cdc.gov/travel.

Visit our official U.S. Army Grafenwoehr Facebook page.
 Search "U.S. Army Grafenwoehr" using Facebook's page search engine.

Q. If there is a two-hour weather delay, do the clinics still open at their regular time? Or are all of the early morning appointments canceled?

Thanks,
 Snowballed in Schweinfurt

A. Dear Snowballed,
 BMEDDAC policy says that all of our clinics are operational by 9 a.m., but there is some variance between garrisons. Some of our clinics open at 8 a.m. and others adjust opening times to road conditions. Command direction to the clinic is that we don't cancel your appointment until the end of the day. If you show up late because of weather or road conditions, we will take care of you when you arrive. If there are any specific concerns, please contact your individual clinic patient advocate.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

Customs experts provide mailing precautions

by Robert Szostek

USAREUR Office of the Provost Marshal

HEIDELBERG, Germany — Many U.S. personnel stationed in Germany order products by mail from abroad or have relatives send things from the United States. However, U.S. Army Europe Provost Marshal Office officials caution that some items may not be mailed to an Army Post Office address.

U.S. and German customs personnel conduct checks of APO mail for unauthorized items and recent seizures show that some people are violating these laws, OPM officials add.

Counterfeits of trademarked items; some medications, diet pills and nutrition supplements; some foods; some firearms; products made from endangered species; and items that are rationed in Germany, are banned from the mail.

"Trademark violations are the illegal use of signs, names, logos and business names that brand manufac-

turers use to distinguish their products," said Bill Johnson, chief of the USAREUR Customs Executive Agency. Many producers of DVDs and CDs or designer goods such as purses, shoes or clothing have registered their trademarks with customs officials who inspect the mail for fake products.

Johnson added that people should consult a postal officer before ordering medications, diet pills or nutrition supplements by mail order, as the rules governing their importation are very complicated. Even items like vitamins or ginseng in highly measured doses may not be mailed.

Food products are also problematic, Johnson explained, due to animal and plant health regulations. Meat or meat products like beef jerky, game or ham are banned from the mail, as are canned meats and even soup mixes or pasta containing meat. Caviar from sturgeon is forbidden due to the endangering of all species of sturgeon. There are further restrictions on potatoes, milk products and eggs.

Firearms and ammunition are restricted items that require permits to be mailed to Germany. Johnson added that some types of paintball guns and air soft rifles that are available stateside are more powerful than German law allows, so people should consult with customs experts before having these kinds of weapons sent to them.

Endangered species products are another area of concern. OPM officials said buying these products adds to the risk of animals and plants becoming extinct, and customs can fine violators and confiscate the goods. Reptile and other skins, such as crocodile, lizard, snake and sea turtle, are often used in watchbands, handbags, belts, wallets, and shoes. Ivory and whale teeth decorations known as scrimshaw and netsuke, and many plants such as cacti and orchids, are also banned.

"People should also remember that coffee, tobacco products and alcoholic beverages are rationed in

Germany and may not be mailed via the APO," Johnson stated. He said it is perfectly legal to have things like coffee, liqueurs or cigars sent to a German home address via the German mail system or a commercial parcel service, but the sender may have to pay tax and import duty that can sometimes be quite expensive.

He also explained that using the APO to import any item for resale, a business or volunteer organization is banned as well. To import items for these purposes requires using the civilian postal system or a parcel service, and paying the appropriate import duties and tax. Those who use the APO to transport these types of goods are violating the law and U.S. military regulations by evading those taxes, OPM officials said.

Military customs offices can provide more advice on mail questions. For information and details on how to find and contact a local office go to the USAREUR Customs Executive Agency website at www.hqusa-reur.army.mil/opm/gercustoms.htm.



Consult customs experts before you ship any food, weapons or items made of endangered species or they may be confiscated.

reur.army.mil/opm/gercustoms.htm. Information is also available in English on the German customs website at www.zoll.de/english_version/b0_prohibitions_and_restrictions/index.html.

Longstanding training program continues

by Meggy Benkert,
JMTA Office of the
Staff Judge Advocate

GRAFENWOEHR, Germany — German and American attorneys from the 7th U.S. Army Joint Multinational Training Command Office of the Staff Judge Advocate (JMTA OSJA) once again participated in the training of Bavarian Rechtsreferendare (attorneys-in-training) over several weeks toward the close of 2010.

The JMTA OSJA, along with its predecessors in 3rd Infantry Division and 1st Infantry Division, have been providing annual training to Bavarian Rechtsreferendare since the 1990s through a program administered by the Bavarian Ministry of Justice. Over 250 Bavarian Referendare participated in the training, which took place in Bayreuth, Munich, Nuremberg, Regensburg and Wuerzburg.

The training was an introduction to the U.S. legal system. During the morning sessions, the Bavarian Rechtsreferendare were instructed on the history and structure of the U.S. legal system, with special emphasis on the procedural and evidentiary rules of U.S. criminal courts. Participants were especially interested in the differences between the U.S. and German legal system, focusing specifically on the jury.

In German civil law courts, judges generally fill the role



Courtesy photo

Referendare, or attorneys-in-training listen to German and American attorneys during a lecture. More than 250 Bavarian Referendare participated in the training, which took place in Bayreuth, Munich, Nuremberg, Regensburg and Wuerzburg.

of finder of fact, whereas American juries generally fill that fact-finding role in U.S. courts. Because German judges play the prominent role in civil and in criminal law proceedings, the role of the German attorney during trial is not as prominent as in the U.S. legal system, where objections, aggressive cross-examination, and passionate argument designed to persuade juries are well-known.

The Bavarian Referendare had many questions stemming from these differences and the discussion between them and the instructors were lively and informative.

The training switched to a mock criminal trial in the afternoon, with the JMTA OSJA attorneys acting as the prosecution and defense attorneys.

Rechtsreferendare acted as co-counsel and played the roles of bailiff, witnesses, and the jury as one of their fellow law students was "tried" for drug possession.

The mock trial reinforced the instruction from the morning, to the entertainment of the Rechtsreferendare and of the German judges who are in charge of their legal training.

This annual training from the JMTA OSJA to Bavarian Rechtsreferendare is an important outreach program that familiarizes our host nation partners with our legal system, while building relationships and trust.

Editor's Note: Meggy Benkert is the chief of Host Nation Law for Joint Multinational Training Command's Office of the Staff Judge Advocate.

'Legal' drugs are court-martial waiting to happen

Judge Advocate General recommends Soldiers stay on the right side of the gavel

by David Osborne

JMTA Office of the Staff Judge Advocate

GRAFENWOEHR, Germany — Betting that a "new" designer drug is not yet prohibited is a poor choice. "If you use anything to get high, you can be punished under the UCMJ," said Capt. Chris Coleman, an Army JAG prosecutor.

Imagine three friends, A, B, and C are looking to have a good time on a Friday night. Of course, they do not want to do something that will get them in trouble, but having a few drinks and dancing at a nearby club has started to become just a little too routine. They hear about a new pill, Slice of Life (SOL for short), that can be bought legally at a few shops in town. Word on the street is that SOL is a synthetic compound that mimics the effects of marijuana, but since it is not actually marijuana, its sale and possession have not been prohibited by local authorities.

A, B and C drive to a store off base to purchase some SOL. Even though they had heard it was legal, they were still a little surprised at how regular of a transaction it was. The store didn't ask any questions and provided them receipts. It was a perfectly routine purchase.

Once back in their car, A and B take an SOL pill after C agrees to drive them back to the barracks and take one later. A and B pop the SOL pills and right then the police pull up behind their car.

"Oh no," says C, "it's the cops."

"No, we're good," replies B, "SOL's a new drug that is not illegal."

Is he right? Unfortunately not.

"Federal law and Army regulations not only prohibit the wrongful use of the more 'common' drugs, but any compound or derivative of such substances," Coleman said. "Except for al-

cohol or tobacco, substances that are otherwise legal become illegal if they are used to produce a mood-altering effect."

Clearly, whatever SOL (or the next "new" drug) is, it is certainly either a chemical or a naturally occurring substance, and once it is taken for its mood-altering effects, the taker can be punished under the UCMJ.

"If they sell it as 'bath salts' or 'incense,' but you are smoking it or snorting it, you could wind up on the wrong end of a judge's gavel," warned Coleman.

What about C? Since he never took the SOL, is he home free?

"Unfortunately for him, he, too, can be punished just as severely as A and B," Coleman said. "The fact that he was caught before he actually had a chance to take the drug with his friends does not stop him from being punished to the same extent they are."

Bottom line: Except for alcohol or tobacco, taking any chemical or naturally occurring substance for its mood-altering effects is a punishable offense under either UCMJ Article 112a or Article 92. Taking part in any plan or preparation to take such a substance is also punishable. The only way to be safe is to steer clear of mood-altering substances, regardless of how legal they may seem.

Editor's Note: David Osborne is a legal intern at the Grafenwoehr Legal Center, 7th Army Joint Multinational Training Command Office of the Staff Judge Advocate.



AFN offers free mobile application, 'YouDoIt' commercials

VILSECK, Germany — AFN Europe has a free mobile application that lets you quickly and easily find what's scheduled on AFN TV and watch AFN TV stories on your smart phone or other mobile device.

AFN Europe Commander Colonel Bill Bigelow says, "We developed this app to better serve our customers. Now folks can access the information about currency rates, gas prices, radio frequencies, TV schedules and events in the community both at home and on the go."

AFN Europe released the app with no advance publicity and more than 600 people downloaded it in two weeks. The app rolls up some of the most popular parts of www.afneurope.net into a mobile experience, so

updates instantly reflect within the app. You can listen to AFN OpenLine radio shows live on the app.

The app also includes a feature called "Pics 'n Flix" which gives users the ability to submit story ideas, photos and videos to AFN Europe. Select submissions will be used on AFN Europe's Facebook page and may be featured on AFN TV.

The iPhone/iPod/iPad application is available via iTunes. Search for AFN or AFN Europe to find it. The Android version is available in the Android Market. For users of Windows Phone or modern Blackberry devices, you can access a web browser-enabled version of the app by going to www.afneurope.net.

AFN football fans invited to create Super Bowl ads

VILSECK, Germany — Be a star. Produce a TV commercial and watch it air on AFN during the Super Bowl.

Last year, AFN Europe's "YouDoIt" Campaign resulted in 145 viewer produced commercials airing on AFN TV during the NFL Championship game. After the Super Bowl the commercials were posted on

YouTube and, for several days, were in the top 11 most viewed on the YouTube Director channel in Germany. Several viewer-produced commercials are still airing on AFN. Now, YouDoIt is back!

"This is my favorite event of the year. We know our viewers miss the advertiser's Super Bowl commercials, but the next best thing is letting the audience make their own Super Bowl commercials," said AFN Europe Commander Col. Bill Bigelow. "Last year's You Do It was a hit with the viewers so why mess

with success? We at AFN look forward to this year's batch of commercials created by the viewers. We know they will be creative, funny, and a welcome break from the commercials they see the rest of the year."

Submit your 14 or 29 second commercial to AFN by Jan. 10. If it meets submission criteria, it will air during the Super Bowl and pre-game show in February. Find YouDoIt details and an entry release form at afneurope.net. AFN can't air standard state-side commercials at any time, to include the Super Bowl.

Visit our official U.S. Army Grafenwoehr Facebook page.
Search "U.S. Army Grafenwoehr" using Facebook's page search engine.

Grafenwoehr digs out from winter's grasp

Families find answers on 172nd's Facebook page

Story and photo by
Sgt. Charles D. Crail
172nd Infantry Brigade Public Affairs

GRAFENWOEHR, Germany — Under a blanket of heavy snow, the residents of USAG Grafenwoehr and the surrounding communities quickly adapt to the wintery conditions of eastern Bavaria, Dec. 5, as the first serious storm of the season settles down.

For some recent arrivals, like Pattie Brechler, part of the TF 2-28th Infantry Family, this early December snowstorm is their first taste of living in a winter wonderland.

"I think the Germans have done a really good job of clearing it out," Brechler said. "I mean there is a lot of snow!"

The first few days of December brought a blast of 16 inches of snow to the Grafenwoehr area in just six days according to the 21st Operational Weather Squadron. Temperatures also rarely crested above freezing resulting in a considerable amount of accumulation.

"The snow definitely adds a lot more work than living in Texas, where you can just throw on flip-flops and head out the door," Brechler continued. "It takes more time and planning to be prepared. Spending 30 minutes shoveling snow and bundling up the kids like marshmallows."

When asked how she prepares, Brechler said she has been turning to social media through her mobile phone to stay informed, specifically Facebook.

"The 172nd Facebook page has been a great source of information," Brechler said. "It has been timely and they have been answering questions, too."

The 172nd has worked to establish its Face-



Road crews fight an uphill battle to keep roadways clear as the snow inundates Grafenwoehr during the first week of December. Community members turned to local unit social media sites, like 172nd Infantry Brigade's Facebook page, to stay informed on the weather, post closings and delayed openings.

book page as an interactive community resource, not just for newcomers, but for veteran community members to share information and tips about living in Europe year-round.

"2008 was my first year here while my husband was deployed," said Ashley E. Hopkins, whose husband is a Soldier with Task Force 3-66th Armor Regiment, 172nd Separate Infantry Brigade. "I was alone with my newborn and I was really scared. But it was not as bad as I first thought."

Moving from Tennessee to Germany, that first year was Hopkins' first experience with se-

vere winter weather.

"I thought last year was bad, too, but this year has it beat," Hopkins continued. "And we are only getting started."

Hopkins explained though that this year social media, her favorite is Facebook, have allowed her to be better connected with the local community and receive information from the military command.

"I try to help new people through (Facebook) and share with them what I have learned. I've been telling my friends on other pages that if they want fast accurate information, go to the

172nd Infantry Brigade Facebook page and like them. I think this is amazing!"

The weather is not new to everyone in the area, though.

"I'm used to this. It is normal German weather," said Natascha Washington, barista, Main Street Xpresso and native German resident.

Despite early closings on post and delayed starts to the day, residents appear to be adapting to the weather just as well as the natives.

"A lot of people were waiting," Washington said when telling of the delayed opening for that day. "We got a lot of complaining, 'why do you open that late,' because of the weather."

Washington added that the Exchange has to follow the post policies though and that she understands the delayed opening policies are in place to accommodate those who are new to the area.

"I think some people really have a hard time," Washington said. "Especially those in my neighborhood who just got here from places like Texas."

Experience and especially preparation are the key to living in and dealing with the local adverse weather, Washington said.

"The majority of people have been slowing down and driving safe," said Pfc. Sienna Madurski, military police, 615th MP Company, who patrols the roads in Grafenwoehr.

Madurski added that the slick conditions have caused numerous minor traffic accidents and proper winter tires are necessary in this type of weather.

Not only will lack of proper tires jeopardize a driver's insurance coverage in the case of an accident, Madurski said, but hefty fines are also being issued by the German Polizei.

The bottom line for adapting to the local weather is to slow down, allow extra time for travel and use the two-hour delayed opening to dig out from under winter's grasp.

BOSS Safety Factor encourages Soldiers to think safety first

Safety gurus increase entertainment with no loss of vital information

by Rob McIlvaine
FMWRC Public Affairs

ALEXANDRIA, Va. — The U.S. Army Combat Readiness/Safety Center has teamed up with the Family and MWR Command to provide Soldiers with a ready-to-use tool that, according to USACR/SC Command Sgt. Maj. Michael Eyer, is "anything but your boring safety presentation."

"From October 2008 through July 2010, the Army lost more than 200 Soldiers to off-duty accidents. During the same time, about 1,200 more Soldiers were injured or suffered negative results from engaging in careless or high-risk behavior in their off-duty time," Eyer said.

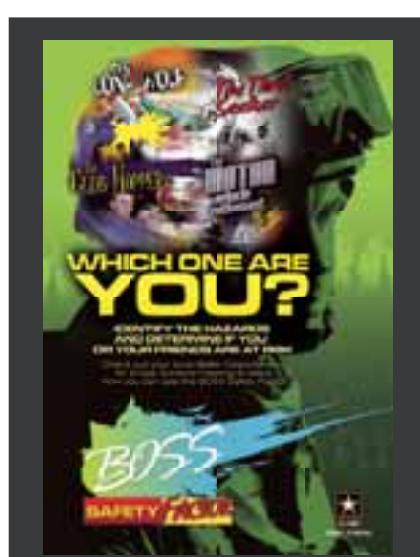
This year's updated four-part presentation incorporates humor from comedians who reinforce safety messages in video clips dispersed throughout the briefing. The performers are either former Soldiers, who later became comedians, or entertainers who have visited troops stateside and overseas.

In conjunction with the 2010 BOSS Safety Factor, BOSS Soldiers are able to create and submit their own videos in the Safety Peer-to-Peer video contest. Prizes will be given to the winning BOSS programs from garrisons, Armywide.

The BOSS Safety Factor was first developed in 2008 when FMWRC asked for a presentation to promote safety to its BOSS members.

Recently, a new presentation module was first released with a new module schedule for release at the beginning of each quarter of 2011.

"The majority of these incidents are our junior Soldiers who also make up the bulk of our BOSS demographic. USACR/SC created this presentation that is geared toward this 18- to 25-year-old. It also encourages peer-to-peer action by influencing the Soldiers to police-up each other and make sure our battle buddies are making the right decisions," FMWRC DA BOSS repre-



BOSS Safety Factor posters challenge single Soldiers to discover their risk factors.

sentative Sgt. Danielle Colson said.

The BOSS Safety Factor is designed to build hazard awareness and encourage Soldiers to think safety during their off-duty hours, but not without a little fun.

"During the four-part safety presentation, your Soldiers will be laughing out loud as some of today's top comedians take a humorous look at the hazards of Army life and send a safety message sure to get through to even the toughest audience," Eyer said.

Each presentation has a theme that identifies with the off-duty facets of life away from home.

"The USACR/Safety Center has classified safety violators into four categories: the Lone Wolf, the Thrill Seeker, the Club Hopper and the Motor Vehicle Enthusiast. Each of these has their own characteristics in the type of risk they encounter," Colson said.

While each PowerPoint slide in the presentation is heavy with facts, it is laced with tidbits that encourage audience participation. For instance, in the Club Hopper, the audience is asked, "Do you know someone who has first-hand information on every Happy Hour within a 50-mile radius," or "...who has a Jack and Coke poured for him as soon as the bartender sees him walk in?"

But more important for the BOSS age demographic, a professional comedian will come on to illustrate just how the affects of alcohol or other drugs will affect your behavior and the very possible outcome.

"The BOSS Safety Factor coincides with our quality of life pillar. This is a way for the BOSS program to make sure they are helping do their part in maintaining a high standard of QOL for all of our Soldiers. If there is an injury or a death resulting from a safety violation, it not only affects the mission at hand with one less Soldiers, but it also affects every Soldier within his or her Army community," Colson said.

"Every Soldier is at risk. It only takes one careless choice. Redeploying Soldiers are definitely targeted as a high risk. Fortunately, we have programs such as BOSS and Warrior Adventure Quest that offer Soldiers safe, quality events that will keep them engaged within the community," she said.

Quality of Life includes those issues that Soldiers can directly or indirectly influence to enhance their morale, living environment, or personal growth and development. Issues raised during BOSS meetings will be directed to the appropriate command or staff agency for resolution on the installation. Armywide issues are forwarded to the Army Family Action Plan Conference for possible DA resolution.

The mission of BOSS is to enhance the quality of life and morale of single Soldiers, increase Soldier retention, and sustain readiness.

"As always, your feedback is important. Let us know what you think so we can make the kit even better in years to come. Thank you for what you do every day for our Band of Brothers and Sisters, and remember to think safety always," Eyer said.

In addition to the presentation, the BOSS Safety Factor kit provides posters and pamphlets for your safety board that highlight our Army's most common personality types.

Because a new module will be released at the beginning of each quarter through fiscal 2011, be sure to check the USACR/Safety Center and BOSS websites, <http://boss.armymwr.com> often to see what's new.



Soldiers from the 12th Chemical Company show off their PackBot 510 to the Boy Scouts of Troop 55 and Cub Scouts Pack 630 of Schweinfurt, Germany, near the motor pool on Conn Barracks.

Schweinfurt Scouts enjoy time with 12th Chemical Soldiers

Story and photo by
Spc. Randi Diggs
12th Chemical Company

SCHWEINFURT, Germany — The Boy Scouts of Schweinfurt Troop 55 and two Cub Scouts from Pack 630 recently spent the day with the 12th Chemical Company, 18th Combat Sustainment Support Battalion and learned how to be a chemical Soldier.

All the Boy Scouts and Cub Scouts are children of Soldiers currently living in Germany, and participated in a number of activities set up by the unit platoons.

One station involved learning about the Biological Integrated Detection System. The scouts first saw how a BIDS is set up and run, then they each had a chance to sit in the captain's chair, use the video surveillance system, hear what the system does and see its features.

Another station highlighted the Fox vehicle and the unit's reconnaissance robot, the PackBot 510.

"I really liked going into the Fox vehicle and being in the driver's seat," said 9-year-old Tyr Eriksson.

The Scouts saw firsthand what it would take to be a Fox crewmember. They tried on helmets and talked through the headsets' communication systems, an activity that was a particular hit with the scouts.

Learning about the robot was also popular. Scouts said they enjoyed watching the robot's functions and capabilities.

The final station was decontamination, which consisted of two parts. First, Soldiers of the decontamination platoon showed Scouts how to wash and spray the chemical contamination off of vehicles with an M12 Pump. The system is used to pressurize and heat the water coming out of the decontamination system and into hoses. Scouts learned to use hand movements to safely position the water flow and vehicle movement, and mopped down the vehicles using a decontamination detergent at the second station.

"It was nice to have the families there to see what the Soldiers do at work," said 1st Lt. Jennifer Montgomery, platoon leader for the 12th Chem. Co.'s reconnaissance platoon.



(From left to right) Globetrotters' guard "Cheese" shoots a fadeaway jumper over a Washington General defender in the first half. "Handles" pumps up the crowd during the warm-up session and entertains a young Globetrotter hopeful.

Globetrotters shine in Schweinfurt

From Michael Jackson to Michael Jordan, world's most famous team delivers

by Charles Stadtlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Over 1,000 members of the community here gathered in Finney Fitness Center, Dec. 6, to see the clown princes of basketball get up to their old tricks.

The world-famous Harlem Globetrotters squared off against the Washington Generals, their longtime opponents.

The game was filled with the Globetrotters' signature pranks and trick plays, including bouncing the ball off opponents' heads, distracting the referee to pull off complicated and humiliating fouls and sending players who committed fouls to a penalty box.

The Generals themselves were the butt of many jokes, including one player who was stripped of his uniform, leaving him in only bright-colored underwear.

At halftime, the team met with the Lt. Col. Everett Spain, commander, U.S. Army Garrison Schweinfurt, to present him with an autographed red, white and blue basketball. The players were effusive with gratitude, thanking the crowd and Spain personally.

"We are honored to come to Schweinfurt to support the U.S. troops," said Globetrotter guard "Handles" Franklin.

In turn, Spain presented the players with a commander's coin in recognition of their visit, thanking them for coming to the community.

Never short on basketball wizardry, guard Blenda Rodriguez was spinning a ball on top of the coin mere seconds after receiving it.

Not surprisingly, the Globetrotters pulled off a victory, beating the lowly Generals 82-73. The game was filled with high-flying dunks, embarrassing fake-outs and most important to the crowd, a bucketful of cheering antics.



Photos by Jeremy S. Buddemeier

Lt. Col. Everett Spain, commander, US. Army Garrison Schweinfurt, and Command Sgt. Maj. Eric Gordon show the Globetrotters a few moves of their own during halftime.

What's Happening

Garmisch Briefs

What's happening?

For the latest news on current events like fests, concerts, parties, parades and more in Garmisch-Partenkirchen and Southern Bavaria, to post your own local news, or see the latest photo of the Zugspitze, visit the USAG Garmisch Facebook page. Updated daily, always relevant and fresh as a morning brezel.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or email us at Garmisch.FMWR. odr@us.army.mil.

Munich/Third Reich

Jan. 7 & 9: After an overview on Friday, on Sunday meet at the Bahnhof just prior to the 8 a.m. train to Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day - wear comfortable shoes. Cost is \$35.

Partnachklamm/Wellenbad

Jan. 8: One of the most beautiful natural attractions in Germany is the Partnachklamm. We'll discuss the 1936 Olympics in Garmisch and visit the stadium where the ski jumping event took place. After an invigorating walk through the gorge, we'll visit the Alpspitze Wellenbad (the town's largest swimming pool.) Cost: \$28 for both, or \$7 for Partnachklamm and \$22 for pool separately.

Ski Austria

Jan. 8: Axamer Lizum, Austria. Cost: \$69 adult, \$59

child, includes transportation, and lift pass, \$79 includes weekend equipment rental, \$12 for just the bus ride, (space available).

Night sledding

Jan. 11: Imagine a night of completely groomed and lighted ski run just for sleds, with a cable car to get you back up! Cost: \$39 adult, \$29 child includes transportation, mini-bob, and lift pass.

Concert

Jan. 11: Fabio Luisi is conducting two modern pieces and the incredibly powerful and wonderful "Symphony Number One" by Gustav Mahler; tickets from 5-53 euros.

Prague

Jan 14-17: Prague is on the top ten of places to visit in the old world. Enjoy a daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Departs at 4:15 p.m. Cost: \$270.

Graf/Rose Barracks Briefs

Estate claims

Anyone having claims on or obligations to the estate of:

- Sgt. David S. Robinson of Delta Company, 2nd Squadron, 2SCR should contact the following summary court martial officer: 2nd Lt. Cameron Rick at DSN 475-8230 or e-mail cameron.rick@eur.army.mil.
- Spc. Joseph Prentler of 3rd Squadron, 2SCR or Pfc. Cody Board of 1st Squadron, 2SCR should contact the following summary court martial officer: Maj. Ruben Irizarry at DSN 475-2266 or e-mail ruben.irizarry@eur.army.mil.
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After 50 years, Emery still 'ball of energy'

Continued from page 1
as an eight-hour day. "We work till everything is completed, and we feel like we've done what we needed to do for that day."

"You get a real sense of doing something worthwhile," said Emery. "These kids are going on real missions. Maybe something that we show them, or give them, maybe saves a life. I think that's what keeps me going. It'd be hard to work here and work the hours we work if you didn't think that way."

Hard work is nothing new to Emery. His parents split up when he was 13, and his mother struggled to make ends meet cleaning houses. He borrowed money from his grandfather to buy a lawn mower and started cutting grass to buy clothes for school, but not before he'd repaid the money he borrowed.

"I never was handed anything," said Emery. "If you want something, you had to go get it, and you had to work for it. You wait for someone to give you something, you're going to be waiting a long time."

This strong work ethic served him well throughout his career, in some cases leading to his advancement over others who were senior to him.

"When your senior leaders pull you from down here, and place you over these guys, that's a hell of a feeling," he said. "And a hell of a responsibility."

But responsibility has never scared



Emery, who has always been quick to raise his hand when a task needed done. This can-do attitude undoubtedly helped when Emery was assigned as first sergeant for Alpha Battery, 3rd Battalion, 21st Field Artillery Regiment, in Kitzingen, Germany.

"First sergeant was the greatest position I ever had," said Emery. As the United States prepared for the Vietnam War, Soldiers were being pulled and reassigned at an unprecedented rate.

"First time I was a first sergeant, I was an E-6 believe it or not. I looked around, and I'm the ranking enlisted guy in the company!"

"That's a scary position," he

said. "You can screw up some stuff big time. When you say something, you've got 100-200 people taking that as gospel. So you've got to be right!"

Helping others is what made first sergeant such a rewarding experience for Emery.

"There's nothing better than taking a Soldier that's starting to go bad, and turning him around, seeing him grow," he said. "There's no greater feeling in the world than that."

Getting things done, and getting them done well, has always been important to Emery.

"My dad taught me, anything you do is worth doing to the best of your ability," said Emery. "And I tell my

Larry Emery entertains attendees with anecdotes from his 30 years in uniform at the Army Birthday celebration at the Hohenfels' 1-4th Dining Facility last year. He said being a first sergeant was the greatest position he has had.

Courtesy photo

guys, all I can expect for you to do is give me 100 percent every day, and try your best."

Emery gets frustrated when others don't share this commitment.

"I see guys on the PT test who will do the bare minimum; they'll do 30 pushups and then stop. And they got a minute left! Why would you cut yourself short like that? You don't even know what you're capable of."

Emery feels that it is the duty of good bosses and supervisors to get everything they can out of their men, and he believes in leading by example.

"I'm the oldest guy on the team," he said, "and when we do the rotations, I do the same thing they do. I'm the first guy in there, and I'm the last guy to leave."

As part of the same ITACSS team for 20 years, Emery is quick to give credit to his men.

"We're like family," he said. "Hands down I got the best team, and it's not because of me, it's because of the people."

At 68, Emery is starting to think about retiring. His wife of 45 years, Barbara, is originally from Darmstadt, Germany, and the couple plans to remain in Germany after his retirement.

"I probably have two more years," said Emery. "I don't know what I'll do next. But I'll have to find something. I'm still a ball of energy. I feel my age some, now. I get up, and I crank and crunch, but I still want to get up because I still want to go to work."

Families continue to keep the Army strong

Continued from page 2

during the last nine years of conflict, but efforts are underway to strengthen Army marriages through a study called "Supporting Those Who Serve." The study is one of the largest ever conducted, which includes data on the effects of combat exposure on Soldiers and their families, and highlights of services available for couples. Programs that support relationships include Oxygen for Your Relationship and Strong Bonds.

Caring for Our Survivors

This is the first year a special forum, Army Families, Caring for Our Survivors, was held to focus on the needs of Army survivors. We owe a special debt to the survivors of Soldiers who have made the ultimate sacrifice. The Survivor Outreach Services Program, launched two years ago in recognition of the needs of survivors, continues to grow and evolve in response to feedback from survivors. The program is increasing counseling services, improving notification procedures and looking for ways to expand financial support services. The importance of the Survivor Outreach Services Program cannot be overstated. We want survivors to know that they are a part of the Army Family for as long as they desire.

Results from the forums are available at www.imcom.army.mil/hq/officecom/pao_stratcom/family_q_and_a/.

I encourage you to visit the site to view the feedback.

In the Installation Management Community we take our responsibility to provide quality services and programs for all Soldiers and families very seriously.

We are always looking for ways to enhance our programs and services, based on research, program results and feedback from Soldiers and families. We are also looking for ways to communicate about what is happening with family programs. We want families to know what services and programs exist for them and to let us know how they are working.

We are proud of the work we do to deliver on the Army's promises: It is part of our ongoing commitment to families, for the sacrifices they make, and to Soldiers, whose strength and readiness is rooted in the strength of their families.

*Lt. Gen. Rick Lynch
Commander, Installation Management Command*

Projects near completion

Continued from page 1

States and the home to a brigade combat team and its enabling assets. Seven motor pools with 28 company operation buildings, battalion and brigade administration areas, 12 barracks with 154 1+1 spaces, build-to-lease housing, a child development center, a youth activity center, an elementary and middle school, physical fitness centers, a community service center, a traumatic brain injury clinic, and a centralized post exchange and commissary complex will have been erected.

These equally agile, flexible and innovative facilities create an enhanced community living and working environment where Soldiers and their families will enjoy a higher quality of life and benefits such as one-stop shopping.

The new barracks and company operations concept places all tactical and operational facilities in the company operations buildings, which are located within the motor pools and not in the basement of the single-Soldier barracks. This concept allows Soldiers to walk into the company operations area, draw their weapons and gear from individual NFL-style wall lockers, go out the back door, get in vehicles, drive onto the tank trail and go to the range.

When the mission is completed, Soldiers hit the wash rack, return their weapons, put their gear back in their personal wall lockers and exit the company operations building before walking 50 to 150 meters to their barracks. Because Soldiers will now be located closer to their barracks or housing, they have more personal or family time.

The Netzerberg housing complex surrounds the elementary and middle school that was opened in 2008. Centrally located next to the Netzerberg schools are the child development and youth services center and a shopette with a gas station. A new chapel is scheduled for construction within this area in fiscal year 2012.

The enhanced quality of life features that are now part of the USAG Grafenwoehr include the Army's largest post exchange and commissary facilities in Europe. The old four-pump gas station has been replaced by a 24-pump gas station, and construction is ongoing for a new Army lodging facility nearby.

The EB-G program enhances the brigade combat team's military capabilities in terms of both training and deployment. At Grafenwoehr, all necessary training facilities for simulation exercises, live-fire qualification and certification, and live-fire maneuver training are collocated. The consolidation maximizes training time, enhances readiness and reduces operational expenses by reducing the time required to move units to and from the major training area.

These enhanced training opportunities will not only reduce nonproductive military time but significantly increase the effectiveness of the U.S. Soldiers — truly "efficient basing."

Editor's Note: Herb Steinbeck works as the master planner for USAG Grafenwoehr Directorate of Public Works. This article originally appeared in the Jan.-Feb. 2010 edition of the Public Works Digest.



Sophomore Stephanie Leitold (left) and junior Charrica Arnaiz, Vilseck High School, have set a new standard for future football players.

Football is not 'just for guys anymore'

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coach, adding Arnaiz and Leitold are not the first girls he had coached on a male dominated team, but they were the first two girls to start, stay and finish the year through the program, an act that impressed the veteran coach.

"They really fit into our program," said Hall.

Arnaiz first chose basketball as her sport of play, but found she was too aggressive.

"My coach kept saying 'this isn't football' so I thought I'd go out for that," she said. "It helps me blow off steam and I'm good at it."

Arnaiz believes being the only girl on her team has its advantages.

"My teammates are really protective of me," she said. "I'm one of the guys, but they still recognize that I'm a girl."

Leitold agreed.

"Our team is a big family," said Leitold. "I'm everyone's little sister."

Leitold started her football career a few years ago, much to the chagrin of her mother.

"She was concerned at first because it's such a rough sport," she said. "But it's really helped me and taught me a lot about teamwork and sportsmanship."

Football has also brought her closer to her father.

"We have more in common now," said Leitold. "We continue to bond over the sport."

Although the football season ended weeks ago, the two stalwart students are already preparing for next season.

"I'll play football as long as they let me," said Arnaiz. "It's not about the boys, it's not about the attention, it's about the game. I love playing football."

"We're a part of something unique," said Leitold. "Football isn't just for guys anymore."

Lynch takes Covenant promises seriously

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That is a charge I take on whole heartedly; delivering programs and services that help Soldiers and families thrive.

Soon after I took my post, IMCOM conducted a holistic review of AFC programs to assess if we have the right programs in place to meet Soldier and family needs. We wanted to know if there were any gaps in services and if we were delivering services effectively. In short, could Soldiers and families easily get the assistance they need?

What Soldiers and families told us is that they have both too much and too little information on available services. Sometimes

they did not know that there is a program to help with a specific need. Sometimes they knew of several programs available through different service providers, but could not tell which would be best for their situation.

One idea we are looking at is transitioning a number of ACS staff into generalist positions, which will focus on helping Soldiers and family members navigate services. These staff will be fully cross-trained in all basic ACS services and familiar with other services available across the installation, and will have the tools to do more in-depth assessments of client needs.

Another idea is to decentralize

service delivery locations. ACS will continue to deliver services in traditional ACS centers, but they will also move out to units, in/out processing centers, post exchanges, commissaries, Soldier Readiness Processing sites, community centers, off-post locations — wherever they need to go to support Soldiers and families in their communities. We will continue to seek feedback on these and other proposed changes during focus groups I will hold during my upcoming visits to installations.

ACS is by no means the only organization on an installation providing services and programs that contribute to the quality of

life for Soldiers and families, but it is often the first place Soldiers and families look to. So it is a natural place for IMCOM to look to as well, as we continually seek ways to make the delivery of services as effective as possible.

The long-term strength of our all-volunteer Army depends on the well-being of Soldiers and families, but more than that, we owe it to our Soldiers and families, for their ongoing service and dedication.

*Lt. Gen. Rick Lynch
Commander, Installation Management Command*

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"Jason displayed his pride as an NCO in countless acts of teaching, coaching and mentoring," said Capt. Patrick S. Southerland, A Company commander. "He had an overwhelming concern for all Soldiers and their well-being. His mentorship and spirit will live through the lives of all the Soldiers he has been in contact with."

Drayton urged mourners to honor the memory of Reeves by emulating the dedicated life he led.

"He was a servant, a teacher, a caregiver, and a big brother to each and every Soldier in our ... platoon," said Glubzinski. "Jason made each Soldier he cared for the most important Soldier, and he managed to do that for an entire platoon."

"He's the NCO all Soldiers still want to become," said Southerland.

Reeves is survived by his parents, David and Ruthie Reeves of Apple Valley, Ca., and his sister, Stacy Roeber.

Reeves a mentor

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